

2018

EUGENE WEEKLY'S

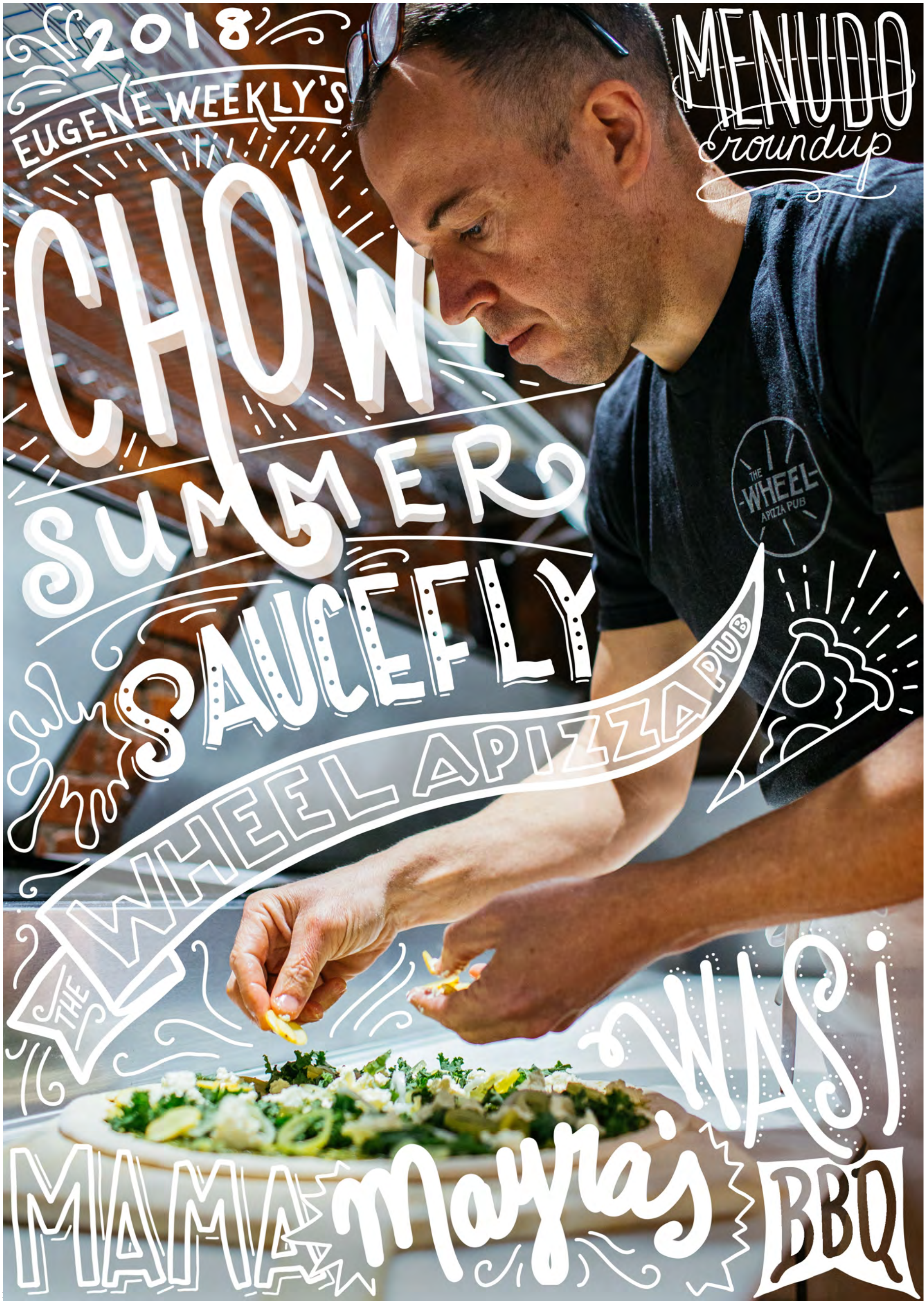
MENUDO  
Roundup

# CHOW SUMMER SAUCEFLY

THE WHEEL APIZZA PUB



MAMA Mayra's WASI  
BBQ







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# SAUCEFLY SPREADS ITS WINGS

Popular food box delivery business opens a brick and mortar destination

BY TAYLOR GRIGGS

**S**ara Willis, the owner and chef of Saucefly, has fans all around the world. The first restaurant she opened was in San Jose del Cabo, Mexico, in 1996. From there, she says, she worked as a private chef in Aspen for eight years for one patron who was such a fan of her cooking that he flew her from Eugene to Colorado for 10 days each month. There, Willis mingled with the stars, as one does in Aspen, with people like Lance Armstrong and Barbra Streisand sampling her food.

But now in Eugene, Willis doesn't need to jet all over to give the people what they want. Saucefly's main draw is its subscription food box delivery, a service that has been gaining popularity in the past few years — Sun Basket, HelloFresh and Blue Apron are examples. But Willis says she didn't know how much people love having boxes delivered to their doorstep when she started Saucefly.

"I just thought it would be a good way to not have a restaurant and still be able to do my thing," Willis says. "I didn't realize that it was trending so hard."

But Saucefly's delivery service took off, and Willis says she now has customers all over the country, from California to Wisconsin, and she doesn't have to fly anywhere. Customers receive 8 to 12 recipe ingredients each month, ranging from cocktail mixers — Willis says those are a big hit — to dips and, of course, sauces, all homemade.

Willis sees Saucefly as a graduation from services like Blue Apron, which provides recipients with every pre-portioned ingredient necessary to make a meal. Saucefly's boxes are more relaxed, allowing someone to make a recipe their own with unique, quality ingredients. "I think a lot of clients like that they're kind of pushed to make things that they wouldn't normally make," Willis says.

While Willis has been delivering boxes for almost two years, in April she opened a brick-and-mortar location in downtown Eugene.

"I decided that I would like to have my workspace and first market in my hometown, where I can live close to work and be able to be very involved with the store to learn from the likes and dislikes of the customers," Willis says.

Willis is planning pop-up events, like brunches and weekly recipe-learning classes, hoping to get the word out. She has been involved in the Eugene restaurant business for years, starting the now-closed Red Agave in 2001 and Carmelita Spats in 2013, to name two. She thinks Eugene is on the culinary up-and-up, and foodies here are looking for new places to eat, but they know what they want.

"The restaurant business is tough. People here will give you a couple of chances, but there's not so many people here that if you blow it, they'll keep coming back," she says. "I think they appreciate good food."

She also knows that Eugeneans are into organic, healthy food, which Saucefly definitely promotes with all-natural, homemade ingredients.

"I grew up eating brown rice and sautéed vegetables with hippie parents, so it's important to me," she says. "There's a pretty high density of people like that here. So come check it out."

*Saucefly's storefront is open 10:30 am to 8:30 pm Monday through Saturday at 1241 Willamette Street. More information, including food box subscriptions, at [saucefly.com](http://saucefly.com).*



## MORSELS

Food news around Lane County

- **UpStar Ice Cream**, Oregon's first high protein, low calorie, low sugar ice cream, started by University of Oregon graduates, is available in grocery stores this summer, including locally owned Market of Choice.

- We hear **Pig & Turnip** — of Sprout! fame — has opened a Cottage Grove location, at 60 Gateway Blvd.

- Incoming to the Sprout! building at 418 A Street in Springfield, the **PublicHouse** offers beer, wine and vittles, from the folks who built **beergarden**, next to Gray's Garden Center.

- Speaking of Springfield, **Addis Ethiopian's** been assailing all obstacles to bring the first brick and mortar Ethiopian food to our region, maybe ever?

- Straight outta Corvallis, a new gluten free food cart, **Dietz Eatz and Peepz** has opened on 13th and Kincaid. Gluten-free peoples rejoice!

- We hear **Toxic Wings Burgers and Fries** opens a W. 11th location July 1.



- Last year, we wrote a story about the **Yi Shen Market** and owner, immigrant Phung Tu, a much-beloved community member whose family had suffered the loss of her husband Ming, and whose business had been repeatedly targeted by vandals. Now the family has decided it's time to sell.

"After much consideration, it is time for me to hang up my apron," Tu says. "We greatly appreciated your support and friendships made over the years and especially over the last four years."

Yi Shen will change owners in July. You can find the article on Yi Shen, "From Sea to Shining Sea" at [eugeneweekly.com](http://eugeneweekly.com).

Unfortunately, the plight of refugees in this country is only worsening, so supporting immigrant-owned restaurants matters now more than ever.

*Got any food news? Send it to [chow@eugeneweekly.com](mailto:chow@eugeneweekly.com)*

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# A NEW BBQ IN TOWN

**Wasi** puts a Peruvian spin on American barbecue BY NADIA RAZA

If you have driven down the midtown area of Willamette in the past few months, you may have noticed an unassuming sign across from The Bier Stein announcing the opening of Wasi, a Peruvian barbecue joint — the new project of Chef Corey Wisun, known for the beloved Eugene restaurant Membrillo.

After four (delicious) years, Wisun felt that Membrillo had run its course. Wasi came to fruition with some spontaneity when the sale of Membrillo fell through — around that time, Wisun noticed that the closing of Papa's Soulfood Kitchen left a void in Eugene's barbecue scene.

With a culinary and cultural love for both American barbecue and Peruvian cuisine, Wisun dreamt up Wasi.

The concept for Wasi is an approachable take on American barbecue in a Peruvian direction. As he proved with Membrillo, Wisun excels at showcasing regional Latin American flavors with imaginative dishes that highlight local seasonal ingredients.

Wasi continues this trend by focusing on seasonal vegetables and local meats. From masterfully smoked brisket and pulled pork to grilled local alpaca, Wasi honors complementary flavors and concepts from Southern barbecue and Peruvian cuisine.

This expression carries through in the sauces offered at Wasi. Blending Peruvian chilis (called *aji*), Wisun created an *aji panca* (inspired by Kansas City-style barbecue), an *aji mirasol* (inspired by Carolina gold sauce) and an *aji limo* (inspired by Carolina vinegar sauce). Honoring the distinction of regional flavors and traditions is part of the experience eating at Wasi.

Their impressive selection of meats should not overshadow their vegetarian options. The grilled vegetable platter with chimichurri, as well as all of the side dishes — including my favorite, *solterito* (a cold salad with potato, favas, olive, feta, red onion and creamy rocoto dressing) — would make any vegetable lover revel in flavors that are hard (if not impossible) to find in Eugene.

With affordability achieved through a casual counter service, Wisun has created an atmosphere that is welcoming, lively and intimate. It's a perfect setting for either a quick meal or long encounter with friends and family.

The menu encourages a family-style feast named the *Pachamanca*, boasting all the meats and all the sides. The name Wasi translates as "home" in Quechua, the indigenous language in Peru.

As I watched three large groups licking their fingers, sharing food and conversation, the name Wasi made perfect sense. Rather than evoke the idea of home, Corey Wisun has created a way to invite people into his.

Wasi Peruvian BBQ is open 11:30 am to 2:30 pm and 5 pm to 9 pm Thursday through Tuesday at 1530 Willamette Street. More info at 541-344-1534 or wasibbq.com.







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# PLACE

Popular Mexican restaurant expands in the Whiteaker

BY WILLIAM KENNEDY

**M**ayra Medina is from the Michoacán state of Mexico. Her father died when she was six, and to make ends meet, Medina's mother took jobs cooking in other people's homes. "Her mom had to work hard," Medina tells me via Cirila Contreras, a restaurant employee acting as an interpreter. "House to house, she learned. She passed it along. In each house they taught her different items — tortillas, soups. That's how she worked."

After coming to Eugene in 2015, Medina launched Mama Mayra's Kitchen: first a food cart, and then a popular brick and mortar location on 6th Avenue. Just this past April, Mama Mayra's moved into a much larger space in the Whiteaker Neighborhood, right next to Laughing Planet on Blair.

Medina says she didn't intend to move, but when the building of her former location sold unexpectedly and the new space, formerly a Peruvian restaurant, became available, she jumped at the opportunity to expand her business.

I ask Medina to serve what she feels are her strongest lunch dishes. She selects a sampler of chorizo, ground beef and chicken empanadas, and a vegetable quesadilla. Medina brings me a house-made, fresh chipotle salsa packing a good amount of heavenly smoke and heat. It's spicy enough to make my eyes water, but it's hard to say whether or not that was due to the fieriness or the amazing flavors.

There's also a creamy, house-made guacamole salsa and a small appetizer of pickled carrots, onion, cauliflower and jalapeno. When the chipotle got a little too much, it was easily quenched by the chilled, pickled veggies.

The empanada crust — made of corn — is light, crispy and flakey, almost croissant-like. The meat, particularly the chicken, is seasoned perfectly. On the side is cabbage salad with house-made sour cream and grated queso cotija, a sharp and salty cow's milk cheese common in Michoacan cuisine. Also common in the cuisine of the region are tomatillos and mushrooms, and they both show up in Mama Mayra's vibrant and clean quesadilla.

What's missing? That mess of sauce and melted cheese, so common in Americanized Mexican food. Mama Mayra's food is made fresh, with a new batch of rice made three times-a-day.

Unbelievably, Mayra offers \$1.99 breakfast burritos. I'll be sure to check those out next time.

*Mama Mayra's is open 8 am to 8 pm Monday through Saturday at 764 Blair Boulevard. For more information search Mama Mayra's Kitchen on Facebook.*



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Three small images showing different food items: a bowl of salad, a plate of food, and a bowl of food.



# THE WHIT

**The Wheel Apizza** is ‘New Haven’ style

BY RACHAEL CARNES

**T**he Wheel Apizza Pub aims to fling a new kind of pie our way with their “New Haven” pizzas, and with crunchy, sourdough crust and an on-site brewery, this new joint is a little slice of heaven.

Owner Steve Mertz (you know him from Tacovore and Laughing Planet before that) spent his formative high school years in New Haven, Connecticut, frequenting iconic pizza spots like Peppy’s, and NYC’s Lombardi’s.

“New Haven pizza has its own style,” Mertz says, “with a longer ferment on the dough, and it’s not shy about the tomato sauce.”

The Wheel’s self-identified “pizzaiolo” is Paul Adkins, who’s in the kitchen every morning, prepping the restaurant’s distinctive sourdough crusts and fresh toppings.

Made with wheat from Junction City’s own Camas Country Mill, the light, tangy dough is special — and cooked hotter than most, creating a tasty texture and flavor.

“The sourdough crust has more character,” Mertz says. “It’s more rustic.”

And delicious.

I sampled the pepperoni pizza, generously dolloped with fresh mozzarella cheese and dotted with moist, succulent bite-sized pepperonis. Rich and multidimensional, this favor combo packs the yin/yang balance of savory and sweet. I could eat it for days.

The potato pesto pie features kale, leeks, rosemary and a house-made ricotta, melding together in a come-to-mama alchemy. Add a farm fresh egg baked on top for two bucks.

My favorite pie — so far — is the portobello and pear.

Rich, gooey “oregonzola” cheese pairs with mushroom, sweet pear, spicy arugula, all brought together with a refreshing hit of balsamic reduction. It’s like eating summer. And on a crust that’s thin and light, yet satisfying, this really would make a marvelous meal as the temperatures climb.

The Wheel offers mix and match “dream pies” of your choosing, and with seasonal beers brewed onsite and a full bar, it should leave everyone in your party satisfied. The location’s delightful: a converted warehouse, with careful attention to design making the restaurant feel light, bright and friendly. On any given night, you’ll find families and friends enjoying themselves as they watch the trains roll by.

*The Wheel Apizza Pub is open 11 am to 10 pm every day at 390 Lincoln Street; 541-735-3860, thewheelapizzapub.com.*



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# THE SEARCH FOR

# MENUDO

Finding family and home in the hunt for a Mexican dish

BY HENRY HOUSTON



One of the fondest memories I have of my late aunt is when she taught me how to make *menudo*. I can still remember holding tripe under warm water, removing any remnants of grit and gunk — you know, the stuff one finds in a cow’s stomach, aka the tripe. I haven’t made it since, but menudo maintains the status as one of my favorite meals, whether I have a hangover or not.

For those who don’t know what menudo is, it’s a soup usually only served on the weekend at Mexican restaurants. Depending on which region the recipe originates from, the soup’s composition can vary. It could contain hominy. The broth could be red or white. So, saying a certain bowl of menudo is the best is subjective. Now, I’m not from Mexico, nor is my family. But a bowl of menudo is, regardless, still a reminder of home, and I have a pretty good idea of what home is like.

Burrito Amigos provided the first bowl of menudo I ever had in Eugene, about four years ago. It’s a good one to start with, especially if someone is new to menudo. Because it has hominy, there’s less room for tripe, and the broth is mild with chili. Mi Tierra Taqueria, on the other hand, serves a full bowl of broth, tripe and pata (foot). However, with the pata in the bowl, there isn’t much room for tripe.

Just like Goldilocks, the menudo I found at Las Morenas Taqueria was just right. It’s a large bowl, filled with quality tripe that has the fat trimmed off. The broth has a kick to it, but doesn’t overwhelm you with chili. They provide all of the fixings — lime, diced jalapenos, tortillas cooked on a grill and cilantro.

Las Morenas Taqueria, much like its owner, Ismael Morelos, is straight to the point. The only decorations are hanging piñatas, a menu sign and some groceries for sale. It’s clear the place is here to make food, nothing else.

Morelos says menudo is a popular dish for Christmas or New Year’s Day for Latin American families. Cooking menudo takes several hours, and, since families are already up late on Christmas Eve and New Year’s Eve, the soup can be prepared at night and cook while the family sleeps. That way, it’s ready to eat in the morning, he says.

In 2000, Morelos asked his Aunt Dolores, who made menudo in Guadalajara, Jalisco, if she could show him how to make menudo since he liked her recipe. However, she didn’t want to show him how to make it. He needed to convince her.

“Well, you’re going to end up — not being crass — dying and no one is gonna know your secret recipe for the menudo,” he told her.

She finally decided to show him the recipe, and, despite a few tweaks, her recipe is what’s served at Las Morenas Taqueria. Since he started selling menudo nearly 20 years ago, menudo has been a popular menu item. It often sells out before the weekend is over and is popular with the Latino community.

However, what Las Morenas Taqueria serves is more than a bowl of menudo. Sarai Morelos, Ismael’s daughter, tells me that Morelos, living in the U.S. for around 25 years, has been able to provide opportunities for his children; for instance, Sarai Morelos is about to start her junior year at George Fox University. Each bowl of menudo, taco and torta the restaurant serves has helped put Morelos’ children through college.

*Las Morenas Taqueria is open 10 am to 8 pm every day, 585 River Road. For more information, search Facebook for their page. Burrito Amigos has five restaurants as well as two kiosks outside of Jerry’s Home Improvement. Visit their website, [burritoamigos.com](http://burritoamigos.com) for specific location and hours of operation. Mi Tierra Taqueria is open 9 am to 9 pm every day, 628 Blair Boulevard. For more information, visit [mitierraeugene.com](http://mitierraeugene.com).*



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